



Milwaukee County Senior Meal Program
HOME DELIVERED MEALS
March 2014

REGULAR DIET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03/03/14	03/04/14	03/05/14	03/06/14	03/07/14
Quarter Pound Grilled Hot Dog Warm German Potato Salad Diced Carrots and Peas Whole Grain Hot Dog Bun Tropical Fruit Cup Catsup and Mustard	Mardi Gras ! Hurricane Punch Chicken Breast Creole Style Red Beans and Rice Mixed Vegetables Corn Muffin Jelly Filled Doughnut D- Fresh Fruit	Ash Wednesday Baked Fish w/ lemon basil sauce Steamed Red Potatoes Baby Peas Creamy Coleslaw Rye Bread Pineapple Tidbits Tartar Sauce	Italian Meatsauce Penne Pasta Cut Green Beans Romaine Salad with creamy Italian dressing Italian Bread Pistachio Pudding D- Fresh Pear Parmesan Cheese	Tomato Juice Tuna Salad with shredded lettuce on Kaiser Roll Sun Chips Cranberry Red Cabbage Slaw Chocolate Iced Banana Cake D- Cereal Bar
03/10/14	03/11/14	03/12/14	03/13/14	03/14/14
Pineapple Juice Cranberry Meat Balls Buttered Noodles Oriental Blend Vegetables Multigrain Bread Double Chocolate Chip Cookie D- Canned Fruit	Baked Ham with cloves Sweet Potato Prince Edward Vegetables Marble Rye Bread Cherry Fruited Gelatin D- Sugar Free Gelatin	Baked Breaded Chicken leg/thigh Cheesy Diced Potato Casserole California Blended Vegt Buttermilk Biscuit Yellow Delicious Apple	Gingered Beef Tips Brown Rice Harvard Beets Cucumber Salad Seven Grain Bread German chocolate Cake D- Banana	Grape Juice Mediterranean Baked Cod Garden Vegt Rice Pilaf Broccoli Cuts Rye Dininer Roll Mandarin Oranges
03/17/14	03/18/14	03/19/14	03/20/14	03/21/14
St Patty's Day ! Irish Stew Parsley Boiled Potatoes Cooked Cabbage Irish Soda Bread Mint Frosted Brownie D- Canned Fruit	Pineapple Orange Juice BBQ Chicken leg/thigh Macaroni and Cheese Seasoned Greens Corn Muffin Banana Cream Pudding D- Banana	Sweet and Sour Pork Hawaiian Blended Rice Whole Baby Carrots Spinach Salad w/ raspberry dressing Whole Grain Bread Sugar Cookie D- Peaches	Grilled Chicken Caesar Salad Parmesan Cheese, Croutons and dressing Whole Grain Dinner Roll Canataloupe Oatmeal Raisin Cookie D- Pear	Brunch for Lunch Fresh Fruit Cup Omelet with broccoli cheese sauce Vegetarian Sausage Patty Hash Browned Potatoes Cinnamon Raisin Bagel with cream cheese
03/24/14	03/25/14	03/26/14	03/27/14	03/28/14
Mushroom Swiss Burger Mini Bakers Whole Kernel Corn Whole Grain Hamburger Bun Pickle Slices, Catsup and Mustard M&M Cookie D- Chilled Fruit	Boneless Pork Rib in lite gravy Baked Potato Brussels Sprouts Dilly Bread Apple Crisp D- Fresh Apple Sour Cream	Beef Sauerbraten Seasoned Boiled Potatoes Sweet Sour Red Cabbage Marble Rye Bread Ranger Cookie D- Fruit Cocktail	Grilled Italian Sausage Au Gratin Potatoes Vegetable du Jour Brat Bun Coconut Cream Pie D- Fresh Pear Catsup & Mustard	Cheese Ravioli with Marinara Sauce Italian Beans Mixed Greens with tomato and cuke slices and dressing Sourdough Bread Chocolate Pudding
3/31/2014				
Meatloaf with onion gravy Garlic Mashed Potato Traditional Mixed Vegt Blueberry Muffin Chilled Pears.				